

Children and young peoples' mental health quiz

True or false statements

(Please circle)

1. Only certain kinds of people develop mental health problems	True/False
2. There are many different types of mental health problems	True/False
3. Most people who have mental health problems end up in hospital	True/False
4. If you think you have a mental health problem, you should talk to someone about it	True/False
5. People are born with mental health problems	True/False
<i>Additional Quiz Questions</i>	
6. You can tell someone has a mental health problem by looking at them	True/False
7. You cannot recover from mental health problems	True/False
8. People with mental health problems are likely to be violent	True/False

Answers

1. Only certain kinds of people develop mental health problems	False Anyone can develop a mental health problem.
2. There are many different types of mental health problems	True There are many different types of mental health problems. Many of these problems are mild, temporary, and often related to life circumstances (family, friends, change, loss, bereavement, unemployment, illness). These problems are manageable with help from friends, colleagues, neighbours, parents/carers, support organisations, etc., and they pass as people move on and find new solutions. However, others are more serious and can make people particularly anxious, frightened or angry, or feel undermined, discriminated against and isolated.
3. Most people who have mental health problems end up in hospital	False Very few require hospital treatment. Given 1 in 5 young people report experiencing a mental health problem, can you imagine if all these people ended up in hospital!
4. If you think you have a mental health problem you should talk to someone about it	True Support is a positive factor in preventing mental health problems and promoting recovery.
5. People are born with mental health problems	False You cannot be born with a mental health problem. The belief that you can probably arises from confusion between mental health problems and some learning disabilities.

Additional questions

6. You can tell someone has a mental health problem by looking at them	False You cannot “see” a mental health problem. Discuss: how are people with mental health problems portrayed in films and on TV? Is this where the misconceptions come from? Things are improving, there is more awareness and understanding, but stigma and discrimination still exist and need to be challenged.
7. You cannot recover from mental health problems	False The majority of people who experience a mental health problem do so with help and make a complete recovery. People with long-term diagnoses such as schizophrenia and bipolar disorder also experience recovery. Like physical health problems, recovery is possible.
8. People with mental health problems are likely to be violent	False The overwhelming majority of people with severe mental health problems experience symptoms that, though distressing, do not make them violent or dangerous to the public. Violence or violent conduct is not a symptom of any mental health problem. A very small minority of people with serious mental health problems are sometimes at risk of harming themselves or others.